



Macadamia
QCWA Product of the Year - 2025

COMMUNITY ACTIVITY GUIDELINES

qcwacountrykitchens.com.au







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Introduction to QCWA *Country Kitchens*

The QCWA Country Kitchens program is a partnership between the Queensland Country Women's Association and Health and Wellbeing Queensland.

Funded by the Queensland Government through Health and Wellbeing Queensland, the Country Kitchens program has been supporting Queenslanders to improve their health by adopting healthier lifestyle behaviours since 2015.

The aim of the QCWA Country Kitchens program is to improve food and nutrition literacy amongst Queenslanders. The program has three fundamental objectives:

1. To engage with a volunteer workforce of QCWA members building skills in health promotion and food and nutrition literacy
2. To empower both QCWA members and their communities to initiate and/or participate in healthy lifestyle initiatives that will result in positive lifestyle behaviour changes
3. To support the engaged QCWA members (Country Kitchens Facilitators) in their community

5 key messages underpin the program content and Country Kitchens Facilitators promote them at every opportunity. Each message is supported by scientific evidence to reduce the lifestyle associated risks of chronic diseases including obesity, diabetes, cardiovascular disease and cancer.

5 Key Messages



**Get more fruit
and veg into
your meals**



**Cook at
home**



**Check your
portion size**



**Be aware of
sugar in your
drinks**



**Sit less,
move more**

The QCWA Product of the Year

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Product of the Year through the lens of the Country Kitchens 5 key messages. These Community Activity Guidelines were produced for the 2025 Product of the Year - Macadamia, and are designed to be used by QCWA members.

This booklet provides an overview of macadamia, including where they are grown in Australia, what nutritional benefits they provide and other fun facts. They also outline three activities that support Levels 2 and 3 of the Country Kitchens PATHway (pg. 4). The first activity promotes the key messages 'get more fruit and veg into your meals' and 'cook at home', and involves completing a healthy macadamia recipe promotion at a branch meeting or showcase. The second activity involves making jars of dry mixture for our macadamia baked apple recipe to promote the key message 'cook at home'. Finally, the last activity involves setting up a macadamia-themed showcase which promotes all of the Country Kitchens 5 key messages. The team would love to see how you incorporate the Country Kitchens Macadamia Community Activity Guidelines into your branch and community. Tag Country Kitchens in your Facebook (@qcwacountrykitchens) or Instagram (@countrykitchens) posts, or send an email to countrykitchens@qcwa.org.au.

As always, the team is here to help. Reach out to your Country Kitchens buddy for assistance with planning and implementing any of the activities mentioned in these guidelines. Please remember to include any Country Kitchens Product of the Year activities in your monthly branch reports!

Introduction to QCWA

Country Kitchens

QCWA Country Kitchens 5 Key Messages



Get more fruit and veg into your meals

Incorporating more vegetables and fruit into each meal is a great way to improve you and your family's health. Research shows that the more veggies we eat, the lower our risk of developing heart disease, stroke and cancer. But Queenslanders aren't eating enough. **Only 8.0% of adults and 4.6% of children** are eating the recommended **5 serves of vegetables each day**. We are better at eating fruit but still many of us don't eat 2 serves of fruit each day. Fruit and vegetables are a great source of minerals and vitamins, dietary fibre and a range of phytochemicals.



Cook at home

Based on ABS household expenditure data, the trend away from home cooking toward eating out and fast foods has continued in recent years. The proportion of money spent on food eaten outside of home increased from **25 per cent in 1988-89 to 34 per cent in 2015-16**.¹ In Health and Wellbeing' Queensland's 2023 A Better Choice Report, **more than half of respondents indicated they eat out at least once a week**.² Discretionary foods are typically high in saturated fat, added sugars, added salt and alcohol. Cooking at home allows you to prepare healthier options and make a few simple changes to add nutritional value to your recipes.



Check your portion size

Food and drink portions have increased dramatically over the past 25 years—the age of super-sizing. The health cost for upsizing food serves is significant, and is clearly reflected in current Queensland population health data. **Just 32% of Queensland adults are within the healthy weight range and 25% of Queensland children are in the overweight and obese range, according to the 2020 Report of the Chief Health Officer Queensland**. Larger portions have more kilojoules. Here are some tips for checking your portion sizes:

- ½ of your plate should be vegetables (think variety and colour)
- ¼ of your plate should be good-quality carbohydrate rich food—such as potatoes or wholegrain cereals such as wholemeal pasta, brown rice, oats, quinoa
- ¼ of your plate should have food sources of protein, like lean meat, poultry, eggs or legumes.



Be aware of sugar in your drinks

Sugar in drinks continues to be a major health concern, particularly for children and youth. Sugar sweetened beverages can lead to tooth decay and excessive weight gain. Added sugars include white sugar, brown sugar, raw sugar, honey and syrups to name a few. **Limit your intake of beverages such as soft drinks, vitamin waters and fruit drinks.** Water is always the best option!



Sit less, move more

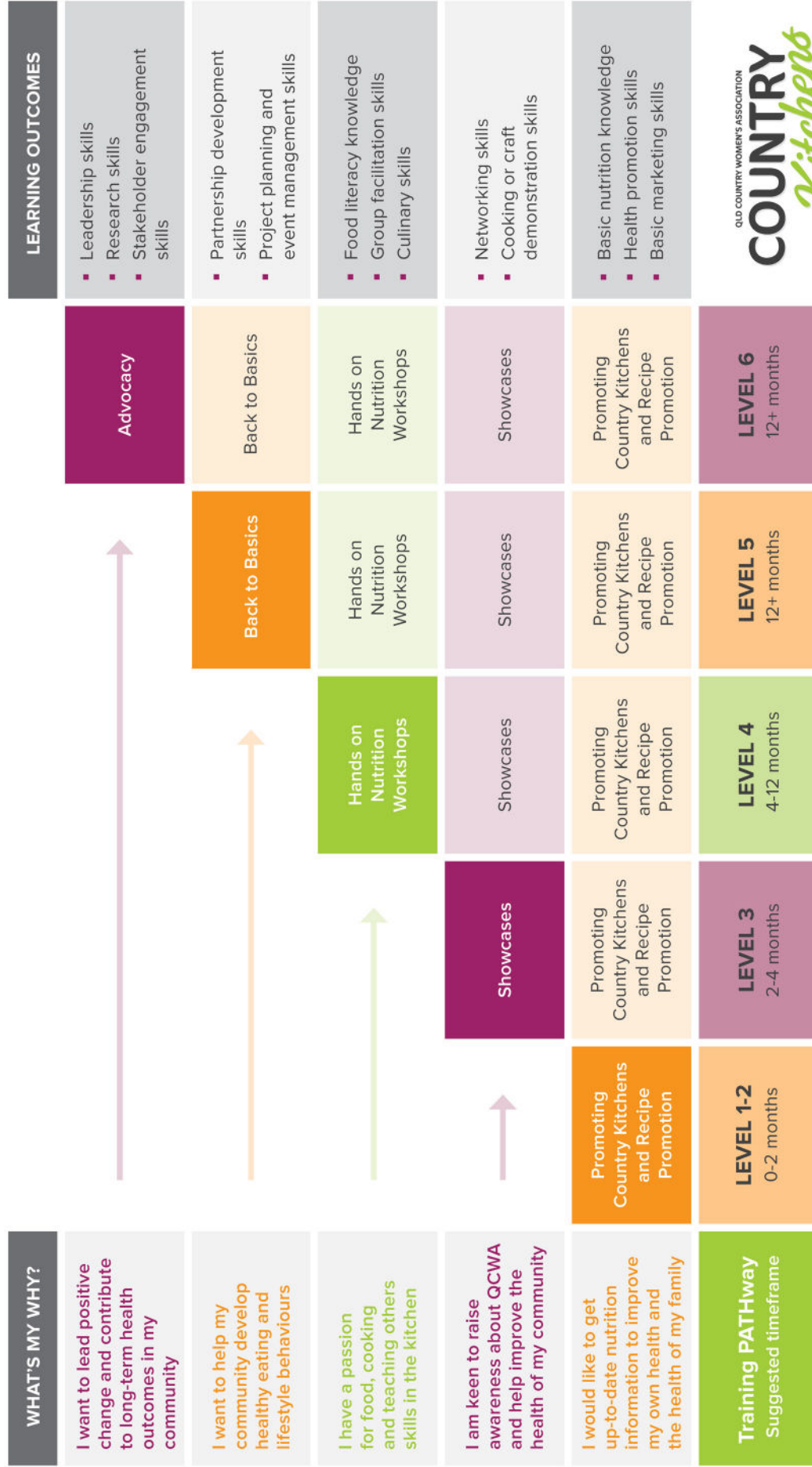
Being physically active every day is important for the health of all, no matter your age or ability. It gives you more energy, increases self-confidence and can help increase bone strength. The National Physical Activity Guidelines recommend we need **30 minutes of moderate physical activity every day**. Moderate intensity activities include brisk walking, digging in the garden, mowing the lawn; or medium paced cycling or swimming.

¹ Australian Bureau of Statistics (2018); Household Expenditure Survey and Survey of Income and Housing, User Guide, Australia, 2015–16. Australian Bureau of Statistics.

² A Better Choice (2023); Eating out in Queensland: Understanding the drivers behind food choice, 2022. Health and Wellbeing Queensland.

PATH - Promoting and Advocating Together for Health

QCWA Country Kitchens Facilitator Training PATHway



Connecting women who have the power to heal their communities

QCWA Country Kitchens *Program Overview*



Level 1-2: Introduction to QCWA Country Kitchens

Facilitators trained in Level 1-2 have learnt the basics of the QCWA Country Kitchens program and health promotion. Activities they might be involved in include:

- Promoting the Country Kitchens Monthly Munch newsletter
- Promoting healthy recipes, including taste testers
- Healthy catering with Country Kitchens recipes

Level 3: Perfecting Your Showcase

Facilitators trained in Level 3 have learnt how to promote the Country Kitchens program via health promotion displays including:

- Static displays with program resources and recipe cards
- Interactive showcases with activities or healthy taste testers
- Demonstration showcases which include craft or cooking demonstrations



Level 4: Hands on Nutrition Workshops

Facilitators trained in Level 4 may choose to run a HONW with a local organisation, school or community group. These workshops include:

- Cooking or craft demonstrations
- Nutrition education around the 5 Key Messages, healthy lunchboxes or recipe modification
- Group cooking or craft class

Level 5: Back to Basics

Facilitators trained in Level 5 may choose to run a Back to Basics workshop series. These cooking workshops are delivered across 4-8 sessions. The two Back to Basics series include:

- *Back to Basics: Food Literacy* - targeted to adults
- *Back to Basics: 5 Key Messages* - targeted to children



Level 6: Advocacy

Facilitators trained in Level 6 may advocate for food, nutrition or physical activity related issues in their local communities to:

- Improve long-term health outcomes of Queenslanders
- Speak up about issues in your community
- Gain skills in leadership

Background

Country Kitchens Product of the Year Activities and Resources

Each year the Country Kitchens program releases a suite of resources and activities that correspond to the QCWA Product of the Year and promote the 5 key messages.

Community Activities

These Community Activity Guidelines outline three Country Kitchens activities for the 2025 QCWA Product of the Year - macadamia. These can be run at your branch or with small community groups, and are set out in a similar way to the activities in the Country Kitchens Facilitator Guidelines.

Each activity includes a resource guide, session checklist, and session plan template to help you plan and undertake the activity. Get in touch with your Country Kitchens (CK) buddy if you would like help planning any of the activities listed in this booklet:

- Macadamia recipe promotions (pg. 10)
- Macadamia baked apple mix (pg. 15)
- Macadamia showcases (pg. 21)



Resources

The following resources can be incorporated into activities already taking place at branches (e.g. a static showcase) or can be used to support events at branches, divisions, and within the community. Get in touch with your CK buddy to order any of the 2025 Product of the Year resources listed below:

- Country Kitchens *Macadamia Recipe Booklet*
- Macadamia recipe cards
- Macadamia flip cards
- Macadamia poster
- Country Kitchens bunting tea towel - customise your bunting by including macadamia fabric



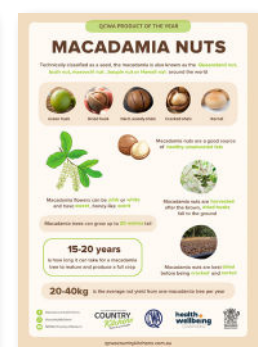
Macadamia recipe booklet



Macadamia flip cards



Macadamia bunting



Macadamia poster

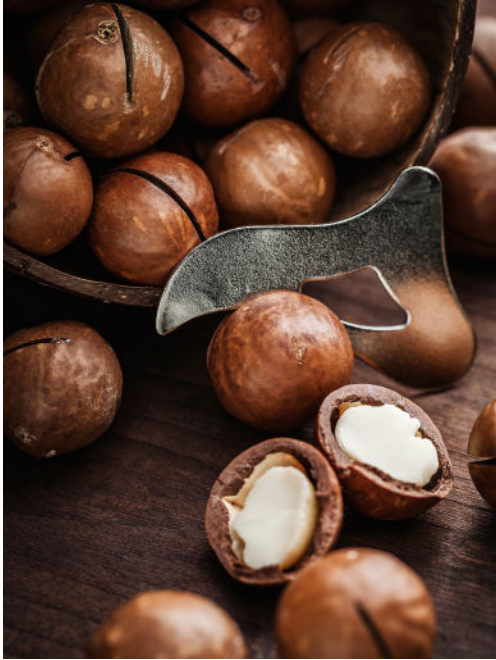
Background

QCWA Product of the Year - Macadamia

Overview

Macadamias are native to Australia and have been growing wild here for 60 million years. No other country in the world has wild macadamia trees. European settlers established the first macadamia orchards in the 1800's, and shortly after, seeds were introduced to Hawaii to be used as a windbreak for sugarcane. Macadamias are the most successful Australian native plant to have been developed as a commercial food crop, and they are now grown in tropical regions all over the world. South Africa, Australia, Kenya, China and Hawaii are the largest producers of macadamias worldwide¹.

Also known as the Queensland nut, bush nut, maroochi nut, bauple nut, and Hawaii nut, macadamias are a popular sweet or savoury ingredient, as well as a healthy snack, worldwide. Around 75 per cent of the crop grown in Australia is exported, primarily to Europe, the United States, Japan, and other Asian countries. After decades of work and industry development, macadamias are now the fourth largest Australian horticultural export – a very notable achievement considering the first commercial processing plant was only established in 1954.



Macadamias in Australia

Australia is considered a market leader in macadamia production, boasting high quality nuts and some of the world's best production practices. Today, the macadamia industry has an estimated 11 million trees, covering an area of 38,000 hectares, predominantly along Australia's east coast².

Macadamias originated from the coastal areas of northern New South Wales and south-east Queensland, and are mostly grown here due to the sub-tropical climate. In recent years, planting has also expanded to Bundaberg and surrounding regions, as well as the Clarence Valley in the NSW Northern Rivers region.

Today there are more than 700 macadamia growers across three states, producing around 50,000 tonnes of crop. The industry is now worth more than \$280 million annually. It employs thousands of people, and contributes millions of dollars to regional economies³.



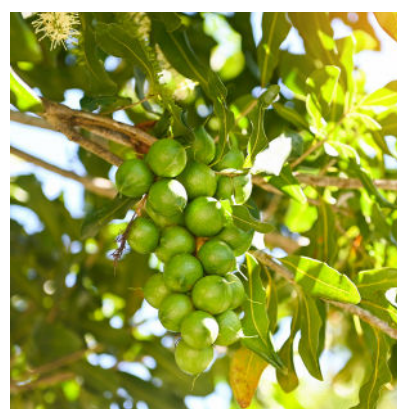
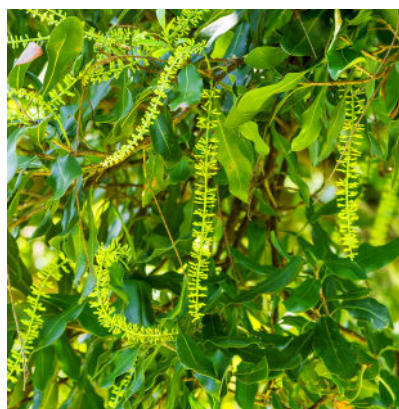
Predominant Macadamia Growing Regions of the East Coast of Australia³

Background

How Do Macadamias Grow?

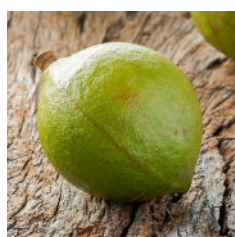
Macadamia trees are tall evergreen trees. They have an average height of 12-15 meters, with some varieties growing up to 20 meters in height. Macadamia is not a fast-cropping plant, taking 7-10 years after planting to first start producing nuts. Full production can be expected after 15-20 years. Once mature, macadamia are prolific producers, bearing sprays of long, delicate, sweet-smelling white or pink blossoms.

Each spray of 40-50 flowers will produce between four to 15 nutlets, which will eventually ripen into nuts. Flowering occurs in early spring, with clusters of plump green nuts appearing by early autumn and the nuts themselves forming in early summer. The nuts grow encased in a woody shell, which is protected by a green-brown fibrous husk. The shell of the macadamia will harden by early December, followed by rapid oil accumulation in late December and January⁴.

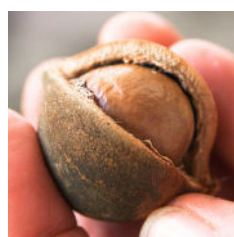


Between March and September, these mature nuts will fall to the ground, after which they can be harvested. Each macadamia tree can produce about 20-40kg of nuts per year, for about 40-60 years.

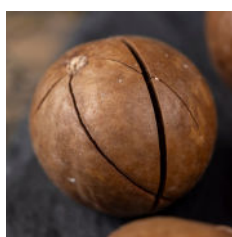
The macadamia is a shallow-rooted tree and therefore requires regular watering, especially during the first few years and in hot, dry weather. Being a tropical tree, it grows best in frost-free climates and may require extra protection from the cold during establishment. Of all the factors influencing growth and productivity, temperature is the most important, with optimal growth occurring between 20-25°C⁴. All of these factors mean that the macadamia favours the hot and wet climates of the east coast, and many natural hybrids of macadamia species can be found along the Queensland and New South Wales border.



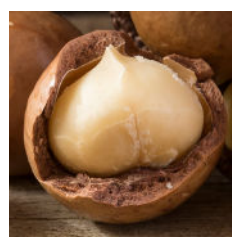
Green husk



Dried husk



Hard, woody shell



Cracked shell



Kernel

How Are Macadamias Processed?

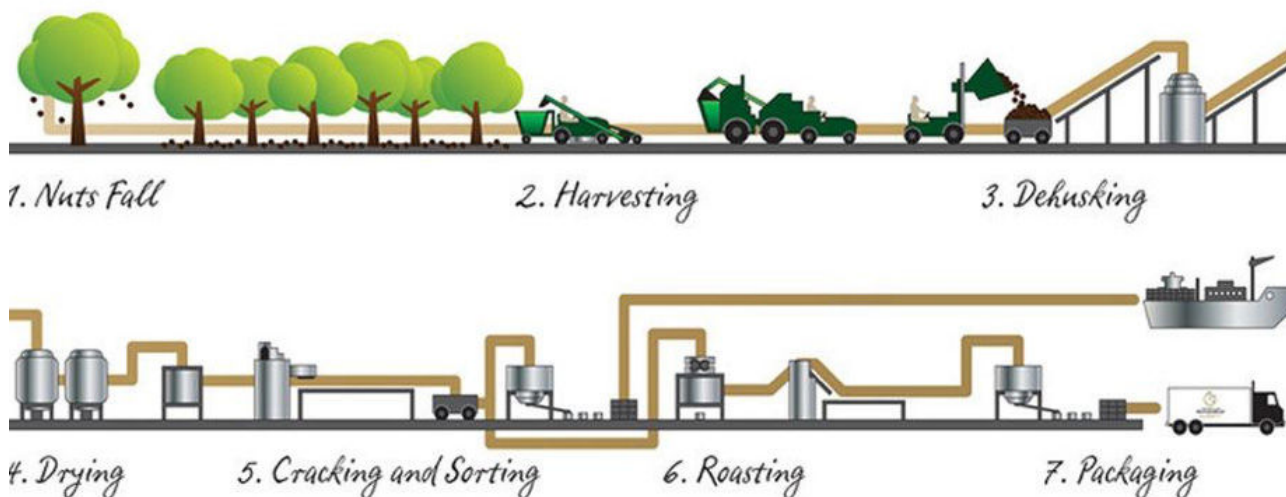
The macadamia shell is the hardest of all nuts to crack, so when the mature nuts fall to the ground they are very well protected. The nuts are regularly harvested with purpose built harvesters, and the fibrous outer husk is removed within 24 hours to reduce heat respiration and facilitate drying. The outer husk is usually recycled as organic mulch⁴.

After removal of the outer husk, the macadamia are carefully dried for up to three weeks. This is a critical step in processing and is required to maximise the quality of the end product. At harvest, the nuts have a moisture content of up to 30 per cent. After drying, this is reduced to around 1.5 per cent.

Background

This reduction in moisture content causes the kernel to shrink away from the inside of the shell, allowing the hard, woody shell to be cracked without damaging the kernel⁴.

The next step in processing is cracking and sorting the nuts. Cracking machines have been developed to crack through the tough outer shell of the macadamia while preserving the kernel. These machines either have a fixed blade and cutting blade, or a combination of rollers and a base plate to compress the shell. After cracking, the macadamia are either roasted or packaged raw⁴.



The Seven Steps of Macadamia Harvesting and Processing⁴

Nutrition

Macadamias are rich in vitamins and minerals (such as thiamin, manganese, magnesium and potassium) and are a good source of dietary fibre. They have a subtle, butter-like flavour and creamy texture, and can be eaten raw or dry roasted. The oil content of the macadamia kernel regularly exceeds 72 per cent, making it the highest of any oil-yielding nut. Of these fats, 81% are healthy, monounsaturated fats⁵. A serve of macadamias is 30g, which is equivalent to a small handful or approximately 12 nuts. A serve of macadamias contains about 2g of dietary fibre which is similar to the amount in a slice of wholemeal bread.

Storage

Macadamias are best stored in an air-tight container in the fridge or freezer. They can be refrigerated for up to 4 months, or frozen for up to 6 months. Bring the nuts back to room temperature before consumption to ensure the flavour is at its best.

Cost

Macadamias can be quite expensive and can be substituted or used in combination with other cheaper nuts and seeds e.g. replace half of the macadamias in a recipe with a cheaper alternative.

References

¹ Workman, D. Top Macadamia Nuts Exports & Imports by Country Plus Average Prices. World's Top Exports. Accessed September 10, 2024. <https://www.worldstopexports.com/top-macadamia-nuts-exports-imports-by-country-plus-average-prices/>

² Australian Macadamia Society. Where are macadamias grown in Australia? Australian Macadamia Society. Accessed September 10, 2024. <https://www.australian-macadamias.org/consumer/where-are-macadamias-grown-in-australia/>

³ Australian Macadamia Society. About the Macadamia Industry. Australian Macadamia Society. Accessed September 10, 2024. <https://australianmacadamias.org/industry/about/about-the-macadamia-industry>

⁴ Australian Macadamia Society. Growing and Processing Macadamias. Australian Macadamia Society. Accessed September 10, 2024. <https://australianmacadamias.org/industry/about-growers/growing-processing-macadamias>

⁵ NSW Government. Macadamia Production. NSW Department of Primary Industries and Regional Development. August 10, 2021. Accessed September 10, 2024. <https://www.dpi.nsw.gov.au/stories/macadamia-production>

ACTIVITY 1 MACADAMIA RECIPE PROMOTIONS

Preparation and Planning

Use this activity guide to:

- Complete a healthy macadamia recipe promotion
- Promote the key messages 'get more fruit and veg into your meals' and 'cook at home' in the context of the 2025 QCWA Product of the Year



Overview - *Recipe Promotions*

Recipe Promotions

Completing a healthy recipe promotion is one of the activities involved in Level 2 of the QCWA Country Kitchens PATHway. You can complete a recipe promotion at your branch meeting or a community event, or even on social media. By choosing recipes from the Country Kitchens *Macadamia Recipe Booklet*, you can easily incorporate a healthy recipe promotion into any QCWA Product of the Year event. For a full refresher on recipe promotions, refer to the Level 1-2 Facilitator Guidelines pg. 18-36. A brief summary of things to consider when doing a Country Kitchens recipe promotion has been provided below.

STEP 1. Choose a recipe

Choose a recipe from the Country Kitchens *Macadamia Recipe Booklet* or turn to the appendix (pg. 28-37) for a full list of the recipes.



STEP 2. Share and discuss

Share your recipe at your branch meeting or event. Remember to take photos! Discussion points may include:

- Why did you choose this recipe? What's great about it? Was it easy to prepare?
- What makes the recipe healthy (the five elements)
- What tips and tricks do you have for making this recipe?
- Would you make any changes to the recipe in the future?

Use a Country Kitchens stamp of approval marker to indicate that the recipe is a healthy choice.



STEP 3. Report your activity


Make sure to include your recipe promotion activity in your Country Kitchens monthly report. If you are not a facilitator, we would still love to see photos from the day! Share them with the team at countrykitchens@qcwa.org.au or tag us on social media (@qcwacountrykitchens on Facebook or @countrykitchens for Instagram).

Things to consider

- **Nutrition criteria** - every Country Kitchens recipe meets essential nutrition criteria for either everyday or discretionary foods. The *Macadamia Recipe Booklet* indicates whether recipes fall under the everyday or discretionary food category.
- **Food safety** - It can be easy to forget that food can be potentially dangerous if not handled, stored and prepared correctly. Before undertaking any activities involving food, make sure you are familiar with the food safety information shared in the Country Kitchens Healthy Cooking Guidelines (pg. 44-46). Some important things to consider when sharing taste testers as part of a recipe promotion are personal and kitchen hygiene, safe temperature zones, storage of food when travelling to and from your event, food labels, and potential allergens. Please note that macadamia is classified as a nut which is a common allergen.
- **Recipe cards** - reach out to your CK buddy if you would like to order macadamia recipe cards for your recipe promotion. Please allow at least two weeks for the team to post these to you.
- **Recipe suitability** - take into consideration where your recipe demonstration will be taking place (e.g. as part of a branch meeting or a larger event), If you will be including taste testers, make sure the recipe is suitable for portioning into bite-sized pieces.
- **Additional talking points** - extra information about each recipe is provided in the appendix (pg. 28-37) under the heading '*What's Great About It!*'. Try incorporating some of this information as talking points while doing your recipe promotion.

Resource Guide - *Recipe Promotions*

DIFFICULTY

Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets	Stove/oven Fridge		
Equipment	Banner (<i>optional</i>)			
Promotional materials	Printed resources: - Recipe cards - Stamp of Approval markers - Recipe booklet	Posters (<i>optional</i>): - Australian Guide to Healthy Eating - Food safety		



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Recipe Promotions*

BEFORE ACTIVITY

<input type="checkbox"/>	<i>Optional:</i> re-read the recipe promotion 'Overview and Activities' section of the Level 1-2 Facilitator Guidelines (pg. 18-31) for a refresher on recipe promotions
<input type="checkbox"/>	Confirm venue resources (i.e. tables, chairs, serveware, cold storage)
<input type="checkbox"/>	Choose a macadamia recipe from the Country Kitchens <i>Macadamia Recipe Booklet</i> or appendix (pg. 28-37)
<input type="checkbox"/>	<i>Optional:</i> order resources from your CK buddy (minimum 2 weeks prior)
<input type="checkbox"/>	Confirm participant numbers
<input type="checkbox"/>	Purchase ingredients
<input type="checkbox"/>	Prepare the recipe as per food safety guidelines (refer to Healthy Cooking Guidelines pg. 44-46)
<input type="checkbox"/>	Using the session plan (pg. 14), identify the five elements that make your recipe a healthy choice (to present on the day)
<input type="checkbox"/>	Gather promotional materials and equipment (banner, posters, Stamp of Approval markers, recipe cards)

ON THE DAY

<input type="checkbox"/>	Set up promotional materials and equipment
<input type="checkbox"/>	Arrange tables and chairs for participants
<input type="checkbox"/>	Introduce yourself, the program and the 5 key messages using the session plan (pg. 14)
<input type="checkbox"/>	Promote the recipe using the points listed in the session plan (pg. 14)
<input type="checkbox"/>	Take a photo of your recipe with the Country Kitchens Stamp of Approval marker
<input type="checkbox"/>	Share taste testers of your recipe with participants
<input type="checkbox"/>	Pack up and leave the venue as found

POST ACTIVITY

<input type="checkbox"/>	Post photos to social media and tag Country Kitchens
<input type="checkbox"/>	Include your recipe promotion activity in your Country Kitchens Monthly Report under the 'Level 2 - Recipe Promotion' section
<input type="checkbox"/>	Reflect on what worked well and what could be done differently next time

Session Plan - *Recipe Promotions*

INTRODUCTION TO COUNTRY KITCHENS

Introduce the program and the 5 key messages:

RECIPE PROMOTION

You might like to re-read the 5 elements of a healthy recipe section of the L1-2 Facilitator Guidelines. You can use these elements as talking points during your presentation.

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional information to share about macadamia and your chosen recipe:

If you need to, make copies of this session plan and use it each time you are running a recipe promotion activity until you feel confident doing it without one.

ACTIVITY 2

MACADAMIA BAKED APPLE MIX

Preparation and Planning



Use this activity guide to:

- Complete a macadamia baked apple mix activity with your branch or a small group
- Promote the key message 'cook at home' in the context of the 2025 QCWA Product of the Year



Instructions - *Baked Apple Mix*

Macadamia Baked Apple Mix

Adults in Queensland are not eating enough fruit for good health. We should aim to eat two serves of fruit every day. This macadamia baked apple mix activity is designed to be used as a fun and interactive way to promote healthy eating and the QCWA Product of the Year. It involves combining the dry ingredients from the Country Kitchens *Macadamia Baked Apples* recipe (pg. 33), and packaging them into glass jars which can be used as healthy gifts or prizes for competitions, or sold at QCWA or Country Kitchens events.

This activity can either be completed individually, with branch members, or in small groups as part of an interactive showcase (e.g. during an event celebrating the QCWA Product of the Year).



Materials:

- Recipe ingredients (listed below)
- 300mL glass jars with lids
- Recipe cards/instructions
- Measuring cups (½ and ¼ cup)
- Measuring spoons
- Chopping board and knife
- Jar tags (pg. 17)
- String/twine
- Scissors

Instructions:

1. Confirm participant numbers for your activity. Each participant will prepare one jar of macadamia baked apple mix, i.e. one quantity of the *macadamia baked apple* recipe, which makes enough mixture to stuff 4 baked apples.
2. Purchase groceries for your activity. One jar of macadamia baked apple mix contains the ingredients listed below. Multiply the amounts by the number of participants you have confirmed.
 - ¼ cup macadamias
 - ½ cup rolled oats
 - 1 tablespoon seed mix (pepitas and sunflower seeds)
 - 2 tablespoons sultanas
 - ½ teaspoon ground cinnamon
 - ¼ teaspoon ground ginger
 - ⅛ teaspoon ground nutmeg
3. Gather the remaining materials for the activity:
 - 1 x 300mL glass jar per participant
 - 1 x recipe/instruction card per participant (see right). Order these from your CK buddy
 - 1 x jar tag per participant. Make copies of the tags on pg. 17, and pre-cut and fold the labels so they are ready for use
 - Source string/twine to attach the labels to the jars. You may like to pre-cut the lengths and provide one per participant
 - Source enough ½ and ¼ cup measuring cups and measuring spoon sets for your group (participants can share equipment)
4. Pre-chop the macadamias into finely chopped pieces.
5. Run your activity with your group! Remember to take photos, and include your activity in your monthly report.

Macadamia Baked Apple Mix

Makes: 1 jar (4 baked apples)
Prep time: 5 minutes
Cook time: 0 minutes



Ingredients

¼ cup macadamias, finely chopped
½ cup rolled oats
1 tablespoon seed mix (pepitas and sunflower seeds)
2 tablespoons sultanas
½ teaspoon ground cinnamon
¼ teaspoon ground ginger
⅛ teaspoon ground nutmeg

Method

MEASURE and add macadamias, oats, seeds, sultanas and spices into a 300mL glass jar. Fasten lid securely.
ATTACH jar tag with recipe instructions around lid with twine or string. Secure with a knot or bow.
STORE jar in a cool, dry place until use.


Recipe courtesy of the Country Kitchens team



*Macadamia Baked Apple Mix
Activity Recipe Card/Instructions*

Jar Tags - *Baked Apple Mix*

ESTABLISHED 2012
COUNTRY Kitchens
Quality ingredients



MACADAMIA BAKED APPLE MIX

ingredients: macadamia, oats, pepitas, sunflower seeds, sultanas, cinnamon, ginger, nutmeg

contains nuts

qcwacountrykitchens.com.au

Makes 4 baked apples

Ingredients:
 4 apples (sweet variety e.g. pink lady)
 1 teaspoon olive or macadamia oil
 1 tablespoon maple syrup
 ¾ cup warm water
 Natural yoghurt, to serve

Method:
 REMOVE apple cores to create a large well, leaving the bottom intact.
 EMPTY jar contents into a small bowl. Add oil and maple syrup and mix until well combined.
 SPOON ¼ of the oat mixture into each apple. Place apples in a baking dish and pour warm water down the sides of the pan to prevent apples from drying out and burning.
 BAKE in 180°C oven until apples are tender and filling is golden, about 30-45 minutes.
 SERVE warm with natural yoghurt.

ESTABLISHED 2012
COUNTRY Kitchens
Quality ingredients



MACADAMIA BAKED APPLE MIX

ingredients: macadamia, oats, pepitas, sunflower seeds, sultanas, cinnamon, ginger, nutmeg

contains nuts

qcwacountrykitchens.com.au





Makes 4 baked apples

Ingredients:
 4 apples (sweet variety e.g. pink lady)
 1 teaspoon olive or macadamia oil
 1 tablespoon maple syrup
 ¾ cup warm water
 Natural yoghurt, to serve

Method:
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 SPOON ¼ of the oat mixture into each apple. Place apples in a baking dish and pour warm water down the sides of the pan to prevent apples from drying out and burning.
 BAKE in 180°C oven until apples are tender and filling is golden, about 30-45 minutes.
 SERVE warm with natural yoghurt.

Resource Guide - *Baked Apple Mix*

DIFFICULTY

Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets			
Equipment	Ingredients 300mL glass jars Recipe cards/ instructions	Jar tags, string and scissors Kitchen equipment	Banner (optional)	
Promotional materials	Macadamia poster Macadamia flip cards	AGHE poster 5KM cards Brochures		



Allow at least one facilitator/volunteer for each symbol



Costs may include ingredients, jars, printing and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Baked Apple Mix*

BEFORE ACTIVITY

<input type="checkbox"/>	Confirm venue resources (tables, chairs)
<input type="checkbox"/>	Confirm participant numbers
<input type="checkbox"/>	Use the session plan (pg. 20) to plan what equipment and materials you will need
<input type="checkbox"/>	Purchase/organise ingredients, equipment and supplies (glass jars, recipe cards etc.)
<input type="checkbox"/>	Print copies of the jar tags (pg. 17)
<input type="checkbox"/>	<i>Optional:</i> organise promotional materials and equipment (banner, 5 key message cards, brochures)

ON THE DAY

<input type="checkbox"/>	<i>Optional:</i> set up promotional materials
<input type="checkbox"/>	Arrange tables, chairs and activity supplies for participants
<input type="checkbox"/>	Introduce yourself, the program and the 5 key messages using the session plan (pg. 20)
<input type="checkbox"/>	Make the macadamia baked apple mix jars by working through the recipe as a group
<input type="checkbox"/>	Take photos!
<input type="checkbox"/>	Pack up and leave the venue tidy

POST ACTIVITY

<input type="checkbox"/>	Post your photos to social media tagging all relevant parties
<input type="checkbox"/>	Include your activity in your Country Kitchens Monthly Report under the 'Level 3 - Interactive Showcase' section

Session Plan - *Baked Apple Mix*

MACADAMIA BAKED APPLE MIX ACTIVITY

Introduce the program and 5 key messages:

Resources/equipment you will need:

Optional - Skill you will demonstrate and resources you will need:

E.g. Chopping macadamias, how to measure ingredients correctly

Checklist

<input type="checkbox"/>	Resources ordered from Country Kitchens buddy
<input type="checkbox"/>	Materials for each station
<input type="checkbox"/>	Recipe cards for each participant

If you need to, make copies of this session plan and use it each time you are running a macadamia baked apple mix activity until you feel confident doing it without one.



ACTIVITY 3 MACADAMIA SHOWCASES

Preparation and Planning



Use this activity guide to:

- Complete a macadamia showcase activity at your branch or as part of an event
- Promote the Country Kitchens 5 key messages in the context of the 2025 QCWA Product of the Year

Overview - Macadamia Showcases

Introduction to Showcases

A showcase is a display that promotes the Country Kitchens program and 5 key messages. There are three different types of Country Kitchens showcases that you can deliver: **static**, **interactive**, or **demonstration**. They range in complexity, with a static showcase being the simplest and a demonstration showcase being the most comprehensive. The type of showcase you choose to do will depend on many factors such as the event, resources available at your venue and the number of helpers you have. For a full refresher on showcases, refer to the Level 3 Facilitator Guidelines. A brief summary of the different types of showcases has been provided below.

Static Showcase

A static showcase is a fixed display that can be set up in a number of different locations. You do not need to be there to man this showcase the whole time - it is for members and visitors to take information away at their own discretion. You will just need to make sure that the information is updated regularly, and that the resources are well stocked.

Interactive Showcase

An interactive showcase is where you get to engage with members of your community to promote the Country Kitchens program face-to-face. There are a range of interactive activities that you are able to include in your showcase to attract people to your display. Examples include a sugary drinks display, a flip card activity, a competition or raffle with a prize (e.g. a Country Kitchens cookbook), or handing out taste testers of healthy recipes. Interactive showcases can be completed at your branch or at a community event.

Demonstration Showcase

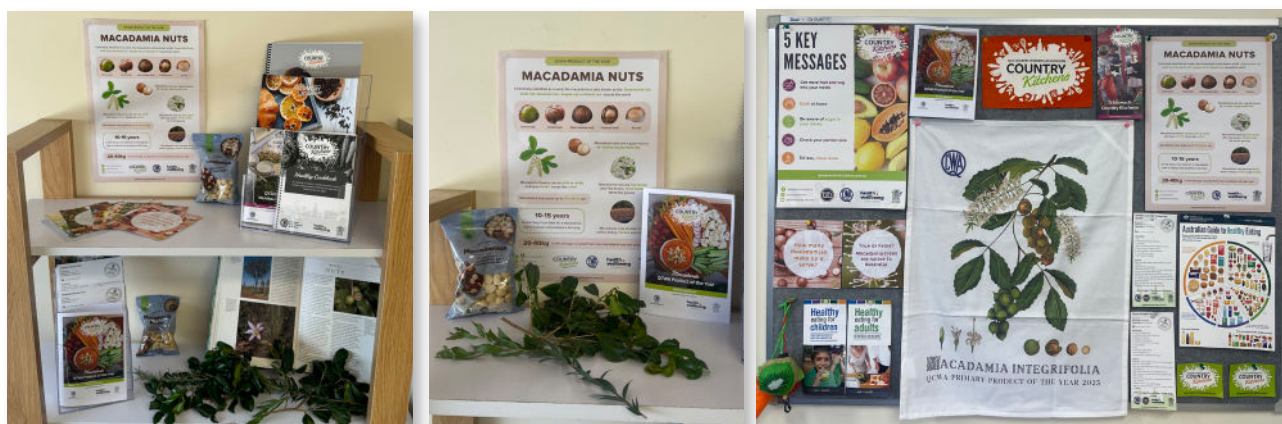
A demonstration showcase builds on an interactive showcase by including a cooking demonstration. Although it requires more organising and helpers on the day, it is the most rewarding kind of showcase. A cooking demonstration is also a great way to attract an audience to your showcase and make your display stand out.

Macadamia Showcases

All three types of showcases outlined above can be given a macadamia theme using the various Country Kitchens Product of the Year resources and activities. Below are some suggestions for how you can incorporate these activities and resources into each type of Country Kitchens showcase.

Macadamia Static Showcase

Give your static showcase a macadamia theme by including macadamia recipe cards, macadamia bunting, or the macadamia poster. Keep it stocked with the other Product of the Year resources such as the *Macadamia Recipe Booklet* and a set of macadamia flip cards. Remember, you don't need to be there in person. Just make sure the resources are kept stocked and current.



Overview - Macadamia Showcases

Macadamia Interactive Showcase

Use the *Macadamia Recipe Booklet* and the recipe promotion guide (pg. 10-14) to find a recipe that is suitable for providing taste testers. If cooking isn't your thing, you can do the macadamia flip card activity or run the macadamia baked apple mix activity with your group instead. You could even run a 'guess the number of macadamias in the jar' competition, with a Country Kitchens cookbook or the jar of nuts itself as the prize.









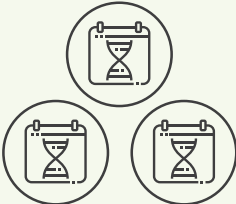
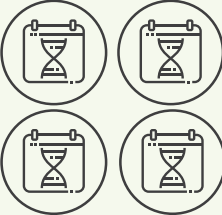
Macadamia Demonstration Showcase

Kick it up a notch by including a live cooking demonstration at your showcase! You can choose from any of the recipes in the *Macadamia Recipe Booklet*. Be sure to get in touch with your CK buddy to get some recipe cards and demonstrator cheat sheets supplied for your chosen recipe.



Resource Guide - *Macadamia Showcases*

DIFFICULTY 

	STATIC	INTERACTIVE	DEMONSTRATION	
Helping hands				
Cost				
Time				
Venue resources	Shelter	Shelter Nearby parking Bathrooms Cold storage	Shelter Nearby parking Bathrooms Kitchen facilities Power	
Equipment	Tablecloth Display stands Banner <i>(optional)</i> Backdrop <i>(optional)</i>	Tablecloth Display stands Banner Backdrop Table	Kitchen tub/s Induction Tablecloth Banner Backdrop Table Extension leads	
Promotional materials	Printed resources	Printed resources Cookbooks Recipe cards Flip cards	Printed resources Cookbooks Recipe cards Flip cards	



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Macadamia Showcases*

BEFORE ACTIVITY

<input type="checkbox"/>	Decide on the type of showcase you will deliver (static, interactive or demonstration)
<input type="checkbox"/>	Organise and book the venue/space
<input type="checkbox"/>	Print/order resources from your CK buddy and organise a prize if running a 'guess the number of macadamias in the jar' competition
<input type="checkbox"/>	Advertise your event (<i>optional</i>). Use the templates provided in the <i>Publicity Resource Kit</i>
<input type="checkbox"/>	Locate equipment/promotional gear in your division and organise use for the day/period of time
<input type="checkbox"/>	Organise tables, chairs and shelter for your event (interactive or demonstration showcases only)
<input type="checkbox"/>	Select recipes, purchase groceries and prepare food (interactive or demonstration showcases only)

ON THE DAY

<input type="checkbox"/>	Promote Country Kitchens and the 5 key messages
<input type="checkbox"/>	Network with key community stakeholders
<input type="checkbox"/>	Promote upcoming Country Kitchens community activities in your local area with a sign up sheet
<input type="checkbox"/>	Run an activity e.g. macadamia baked apple mix activity or the macadamia flip cards
<input type="checkbox"/>	<i>Optional</i> : set up chairs for the audience for your demonstration (demonstration showcase only)
<input type="checkbox"/>	Use Country Kitchens Stamp of Approval markers and serving platters for taste testers
<input type="checkbox"/>	Discuss food safety with your audience (demonstration showcase only)
<input type="checkbox"/>	Pack up: remove all promotional gear and leave the venue tidy
<input type="checkbox"/>	Take photos!

POST ACTIVITY (ONGOING FOR STATIC SHOWCASE)

<input type="checkbox"/>	Reflect on what worked well and what could be done differently next time
<input type="checkbox"/>	Include your showcase activity in your Country Kitchens Monthly Report under the 'Level 3' section
<input type="checkbox"/>	Post photos of the event to social media. Don't forget to tag Country Kitchens and any other relevant parties
<input type="checkbox"/>	Subscribe email address of attendees who elected to receive the Monthly Munch. You can do this on the Country Kitchens website or forward to your CK buddy
<input type="checkbox"/>	<i>Optional</i> : Use the template provided in the <i>Publicity Resource Kit</i> to write a post event media release

Session Plan - *Recipe Demonstration Showcase*

INTRODUCTION

Introduce yourself, your branch and the program

RECIPE PROMOTION

If you have chosen to do a recipe demonstration, you might like to re-read the 5 elements of a healthy recipe section of the L1-2 Facilitator Guidelines. You can use these elements as talking points during your presentation.

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional tips/tricks or things you could highlight about the recipe:

If you need to, make copies of this session plan and use it each time you are running a recipe demonstration activity until you feel confident doing it without one.

Session Plan - *Recipe Demonstration Showcase*

Food safety:

What you will highlight:

Ingredients:

List the ingredients you need to prepare ahead of time as well as for use during the demo

Equipment:

(e.g. induction cooktop, small bowl, measuring cups etc.)

Checklist

<input type="checkbox"/>	Demonstrator Cheat Sheet
<input type="checkbox"/>	Ingredients
<input type="checkbox"/>	Equipment list
<input type="checkbox"/>	Resources organised (stamp of approval markers, recipe cards etc.)
<input type="checkbox"/>	Food safety

If you need to, make copies of this session plan and use each time you are running a showcase activity until you feel confident doing it without one.

APPENDIX

Macadamia Recipes

The Country Kitchens team has put together a collection of nine healthy recipes to feature for the 2025 Product of the Year - macadamia. The recipes have been health-a-sized to meet the Country Kitchens nutrition criteria and are great options to incorporate into your branch or division events. Request extra copies of the Country Kitchens *Macadamia Recipe Booklet* from the team.



Country Kitchens - *Macadamia Recipes*

Banana, Strawberry and Macadamia Loaf

Serves: 10

Prep time: 20 minutes

Cook time: 65-80 minutes



½ serve per portion

Ingredients

2 ½ cups plain flour

1 teaspoon baking soda

1 teaspoon cinnamon

½ cup white sugar

½ cup margarine

¾ cup light sour cream

2 large eggs, lightly whisked

1 teaspoon vanilla extract

3 ripe bananas, mashed

2 cups strawberries, roughly chopped

¾ cup macadamias, roughly chopped

Method

PREHEAT oven to 170°C and line a 25cm loaf pan with baking paper.

SIFT flour, baking soda and cinnamon together into a bowl.

BEAT sugar and margarine in a separate bowl with a wooden spoon or hand mixer until pale and fluffy. Mix in sour cream, eggs and vanilla.

ADD mashed banana and sifted ingredients, and mix to combine.

FOLD in strawberries and macadamias.

POUR batter into prepared loaf tin. Bake until golden brown and a skewer inserted into the centre comes out clean, about 65 to 80 minutes.

COOL on a wire rack before slicing.

What's Great About It?

This tasty loaf is a delicious twist on the classic banana bread, with plenty of strawberries and macadamias added for colour, flavour and texture. Try lightly toasting thick slices in a sandwich press, and topping with ricotta and added fresh fruit for a sweet afternoon treat.



DISCRETIONARY FOOD

Recipe courtesy of the Country Kitchens team

Broccoli and Beans with Roasted Macadamias

Serves: 4

Prep time: 15 minutes

Cook time: 10 minutes



2 serves per portion

Ingredients

200g green beans, trimmed

2 small or 1 large head of broccoli, cut into bite size pieces

2 tablespoons olive oil

½ cup roasted macadamias, roughly chopped (plus extra to serve, if desired)

2 cloves garlic, peeled and finely sliced

2 shallots, finely sliced

2 tablespoons lemon juice

Method

FILL a large saucepan with water and bring to the boil.

ADD beans and broccoli and blanch for 3-4 minutes, until green and just tender.

HEAT olive oil in large frypan over medium heat.

ADD macadamias, garlic and shallots. Sauté for 1 – 2 minutes.

ADD broccoli, beans and lemon juice to the frypan, and toss to combine.

SERVE warm with a sprinkle of extra macadamias, if desired.

What's Great About It?

This delicious recipe is a quick and easy way of getting 2 of our 5 serves of vegetables in for the day! Try serving it as a tasty side dish to any main, or pair with grilled fish or chicken for an easy mid-week meal.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Macadamia Recipes*

Chicken and Macadamia Stir Fry

Serves: 4

Prep time: 30 minutes

Cook time: 15-20 minutes



2 serves per portion

Ingredients

3cm knob ginger, finely grated

3 garlic cloves, finely grated

2 tablespoons oyster sauce

1 tablespoon light soy sauce

1 tablespoon rice cooking wine (Shaoxing wine)

1 teaspoon sesame oil

1 tablespoon cornflour

½ cup water

2 tablespoons olive oil

500g skinless chicken breast, cut into strips

200g (2 ½ cups) brown mushrooms, quartered

2 bunches asparagus, cut into 5cm lengths

5 spring onions, cut into 5cm lengths

2 bunches Asian greens (e.g. choy sum, kai lan or bok choy), roughly chopped

½ cup roasted macadamias

Method

COMBINE ginger, garlic, oyster sauce, light soy sauce, rice wine, sesame oil and cornflour in a small bowl, then slowly whisk in the water. Set aside.

HEAT wok (or large frypan) over medium-high heat, then add a tablespoon of oil once hot.

FRY chicken for 5-10 minutes until cooked through, then remove and set aside. Wipe wok clean with paper towel, then reheat and add remaining oil.

ADD mushrooms to wok and fry for 1-2 minutes until browned.

ADD asparagus and spring onion and fry for 2 minutes, then add Asian greens and fry for a further 2 minutes.

RE-WHISK the stir fry sauce. Add sauce to the pan along with the chicken and macadamias, stirring until the sauce thickens (1-2 minutes).

SERVE with your choice of rice or noodles.

What's Great About It?

This stir fry recipe is quick and easy to prepare, making it the perfect weeknight dinner! The sauce is a lovely combination of fresh and savoury flavours which make this dish pop. Macadamias add some crunch to this dish, and can be used either raw or roasted.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Fruity Macadamia Munch Bars

Serves: 10

Prep time: 10 minutes

Cook time: 20 minutes



1 serve per portion

Ingredients

300g mixed dried fruit, finely chopped

$\frac{3}{4}$ cup macadamias, roasted and roughly chopped

$\frac{1}{2}$ cup mixed seeds

1 $\frac{1}{4}$ cups wholemeal plain flour

1 cup oats

3 tablespoons honey

200mL apple juice, no added sugar

Method

PREHEAT oven to 180°C and line a slice tin with baking paper.

ADD all ingredients to a mixing bowl and stir to combine.

SPREAD mixture into prepared slice tin and bake in oven for 20 minutes or until golden brown on top.

REMOVE from oven and allow to cool before cutting into 10 equal bars.

What's Great About It?

Just like a muesli slice, these delicious bars are packed with fibre and make a satisfying snack. Each bar provides you with one serve of fruit – that's half your recommended amount for the day!



DISCRETIONARY FOOD

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Macadamia Recipes*

Macadamia Baked Apples

Serves: 4

Prep time: 20 minutes

Cook time: 30-45 minutes



1 serve per portion

Ingredients

4 apples (sweet variety e.g. pink lady)

¼ cup macadamias, finely chopped

½ cup rolled oats

1 tablespoon seed mix (pepitas and sunflower seeds)

2 tablespoons sultanas

½ teaspoon ground cinnamon

¼ teaspoon ground ginger

⅛ teaspoon ground nutmeg

1 teaspoon olive or macadamia oil

1 tablespoon maple syrup

¾ cup warm water

Natural yoghurt, to serve

Method

PREHEAT oven to 180°C.

REMOVE apple cores with a small knife and spoon to create a large well, leaving the bottom of the apples intact.

COMBINE macadamias, oats, seeds, sultanas and spices in a small bowl. Add oil and maple syrup and mix until well combined.

SPOON ¼ of the macadamia oat mixture into each apple. Place apples in a baking dish and pour warm water down the sides of the pan to prevent apples from drying out and burning.

BAKE in oven until apples are tender and filling is golden brown, about 30-45 minutes.

SERVE warm with natural yoghurt.

What's Great About It?

These baked apples are a delicious and easy to prepare dessert. While many traditional recipes use plenty of butter and sugar, this healthy version has plenty of sweetness and spice on its own!



DISCRETIONARY FOOD

Recipe courtesy of the Country Kitchens team

Macadamia Crusted Fish

Serves: 2

Prep time: 10 minutes

Cook time: 25 minutes



2 serves per portion

Ingredients

- 1 sweet potato, cut into chips
- 2 tablespoons olive oil
- 1 tablespoon mixed herbs
- 1 teaspoon garlic, minced
- ¼ cup macadamias, finely chopped
- ¼ cup fresh parsley, finely chopped
- 1 lemon, zested and juiced
- Cracked pepper, to taste
- 2 fillets fresh or thawed frozen fish of choice
- 2 cups mixed salad leaves

Method

PREHEAT oven to 180°C. Line a baking tray with baking paper.

TOSS sweet potato chips in 1 tablespoon of olive oil and mixed herbs, and place on lined baking tray.

TRANSFER tray of sweet potato chips to the oven. After baking chips for 10 minutes, remove from the oven and make space on the tray for the fish fillets.

COMBINE remaining 1 tablespoon of olive oil, garlic, macadamias, parsley, lemon zest, half the lemon juice, and pepper in a small bowl.

COAT fish fillets with macadamia crust mix and transfer to the tray with the sweet potato chips.

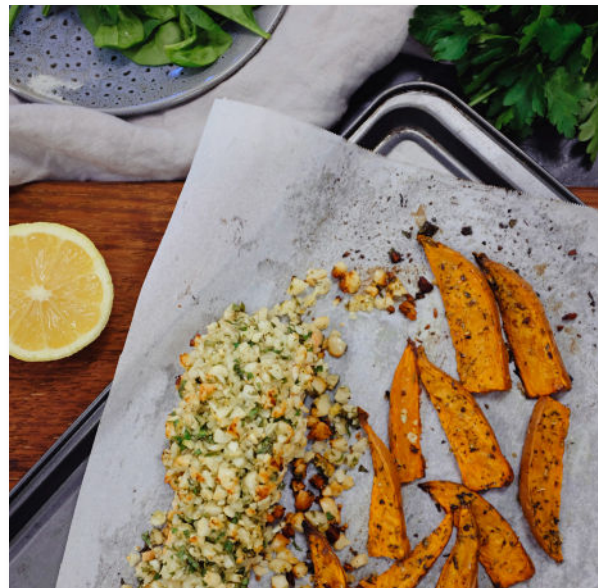
BAKE fish and chips in the oven for another 10-15 minutes, or until cooked to your liking.

TOSS salad leaves in remaining lemon juice.

SERVE fish and chips with salad leaves on the side.

What's Great About It?

This delicious recipe is sure to impress, despite being quick to make and only having a few ingredients! You can halve the cooking time by using an air fryer – simply cook the chips for 5-7 minutes, and then add the fish and cook for a further 5-7 minutes depending on the thickness of the fish.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Macadamia Recipes*

Pork, Sage and Apple Burgers

Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes



1 ½ serves per portion

Ingredients

500g lean pork mince

1 granny smith apple, grated

1 teaspoon seeded mustard

1 small onion, finely diced

¼ cup wholemeal breadcrumbs

1 sage leaf, finely chopped

1 egg, beaten

½ cup macadamia nuts, finely chopped

2 tablespoons Dijon mustard

4 wholegrain burger buns

2 cups salad vegetables



EVERYDAY FOOD

Method

COMBINE pork mince, apple, seeded mustard, onion, breadcrumbs, sage and egg in a bowl.

DIVIDE mixture into 4 even patties.

HEAT a large non-stick frypan over medium-high heat.

ADD patties to the pan and cook on each side for 6 minutes.

COMBINE the macadamia nuts and Dijon mustard in a separate bowl.

SPREAD macadamia mustard onto the burger buns and top with patty and salad vegetables.

What's Great About It?

These burgers are a great addition to any lunch, dinner or picnic. Pork is lean and has great flavour, plus the addition of apple adds a touch of sweetness which pairs well with the macadamia mustard. Enjoy at any meal with a salad or side of steamed veggies.

Recipe courtesy of Sara Faddy, Maleny Branch

Roasted Capsicum, Feta and Macadamia Dip

Makes: ~2 cups

Prep time: 15 minutes + cooling time

Cook time: 45 minutes

Ingredients

3 large red capsicums

2 garlic cloves, peeled

1 ½ tablespoons olive oil

Salt and pepper, to taste

½ cup roasted macadamias, plus extra to serve

100g reduced fat feta

1 tablespoon lemon juice

Fresh thyme leaves, to serve

Assorted vegetable crudites, to serve



Method

PREHEAT oven to 180°C. Line a large baking tray with baking paper.

PLACE capsicums and garlic on lined tray. Use hands to cover with 2 teaspoons olive oil, and sprinkle with salt and pepper to taste.

TRANSFER tray to oven to bake. Remove garlic after 15 minutes, or once soft and golden.

CONTINUE to roast capsicums for a further 25-30 minutes, or until blackened and soft.

REMOVE capsicums and set aside to cool in a plastic bag and/or heatproof pot with lid, as this will help to soften the skin and allow for easy removal. Once cool, gently remove stem, seeds and skin from the capsicums.

ADD roasted capsicums and garlic to a food processor, along with the macadamias, feta and lemon juice. Pulse a few times to combine. With the food processor running, slowly drizzle in remaining olive oil until desired consistency is reached. Season with salt and pepper to taste.

TRANSFER to a small bowl and top with fresh thyme leaves and extra macadamia pieces.

SERVE with assorted vegetable crudites and seeded crackers.

What's Great About It?

This delicious dip is the perfect way to showcase the 2025 QCWA Product of the Year – macadamia. Serve as part of a grazing platter, or spread on sandwiches, wraps and more. Make sure to pair this recipe with plenty of colourful vegetable crudites, and top with extra macadamias, herbs and spices, or a drizzle of oil for added flair! If you're struggling to get the skins of your capsicums blackened enough in the oven, try using the grill for added colour and depth of flavour.

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Macadamia Recipes*

Roasted Cauliflower and Macadamia Salad

Serves: 4

Prep time: 15 minutes

Cook time: 30 minutes



2 ½ serves per portion

Ingredients

1 cauliflower, cut into bite-sized florets

1 tablespoon macadamia oil

¾ cup macadamias, roughly chopped

100g green beans, trimmed

3 tablespoons Dijon mustard

2 garlic cloves, finely chopped

4 tablespoons red or white wine vinegar

4 tablespoons olive oil

Salt and pepper, to taste

2 cups baby spinach leaves

2 tablespoons flat leaf parsley, chopped

2 tablespoons pickled red onion, to serve (optional)

Method

PREHEAT oven to 180°C.

PLACE cauliflower florets on baking tray. Drizzle with macadamia oil and toss to coat.

ROAST cauliflower in oven for 15-20 minutes or until tender. Remove from oven, place on serving dish and set aside.

PLACE macadamias on the baking tray and roast in the oven for 10 minutes, or until golden. Remove tray from oven and set aside to cool.

STEAM green beans in microwave or on stovetop until slightly tender. Remove from heat and drain.

WHISK mustard, garlic, vinegar and olive oil together in a jug to make the dressing. Season with salt and pepper to taste.

ADD steamed beans, spinach leaves, parsley, roasted macadamias and dressing to cauliflower serving dish and lightly toss.

TOP with pickled onion (optional) and serve.

What's Great About It?

One portion of this salad provides you with half the daily recommended serves of vegetables! You can swap different vegetables in and out based on seasonality, preference and availability. For example, try swapping the green beans for snow peas or roast capsicum for a range of textures and flavours.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team



Connecting women who have the power to heal their communities

qcwacountrykitchens.com.au

